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The

World Renewal Monthly

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1. Chandigarh: After inaugurating the World Peace Festival, standing in remembrance of Incorporeal God Shiva are Rajyogini Dadi Janki, Rajyogini Dadi Hriday Mohini, B.K. Nirwair, B.K. Brij Mohan, Mrs. Anu Chatrath, Mayor, Bro. Harbans Lal, Chief Parliamentary Secretary, Punjab, B.K. Amir Chand, B.K. Sis. Achal and others. 2. Cuttack: At the "Golden Evening For Attaining Godly Blessings" programme, standing on the dais in Godly remembrance are High Court Judge Bro. I. M. Quddusi, former Chief Justice of Supreme Court Bro. R. N. Mishra, B. K. Sis. Mohini, Rajyogini Dadi Hriday Mohini, H.E. Bro. Rameshwar Thakur, Governor of Orissa, Mrs. Thakur, B. K. Sis Kamlesh, Rajyogini Dadi Nirmal Pushpa, B. K. Bro. Karuna, Sis. Nibedita Pradhan, Mayor and Sis. B. K. Kanan.



1) Bharatpur: Shri Kashi Sumeroo Peethadheeshwar Jagatguru Shankaracharya Swamy Narendranand Saraswati with BKs Brothers & Sisters at B.K. Centre. 2) Shimoga: Inaugurating the programme on Value-Based Society are Jagatguru Mallikarjun Swamy, Bro. B. K. Prem, Dr. Santosh Kumar Shetty, B. K. Sis. Leela and B. K. Sis. Ansuia. 3) Baglung(Nepal): Welcoming the King of Nepal Shri 5 Gyanendra and Queen Shri 5 Komal Rajyalakshmi are B. K. Sisters Savitri, Radhika, Sudha and Indra. 4) Patna: Inaugurating the programme "Establishment of Value-Based Society Through Living Spirituality" are Rajyogini Dadi Nirnal Pushpa, Justice Mrs. Mridula Mishra, Judge, Patna High Court, Dr. S. N. P. Sinha, former Vice-Chancellor of Patna University, Sh. K. A. H. Subramaniam, Former Secretary, Bihar and others. 5) New Delhi (Hari Nagar): Inaugurating the programme "Spiritual Magic" in Tihar Jail No. 2 are Director General of prisons, Bro. R. P. Singh, Prof. Shankar, B.K. Sis. Shukla, Bro. Sunil Gupta, PRO, Tihar Jail and B. K. Bro. Sunderlal. 6) Karnal (Sant Nagar): At a spiritual programme Rajyogini Dadi Manohar Indra, Member of Parliament Bro. Arvind Sharma and B. K. Bro. Bharat Bhushan, seen at B.K. Centre. 7) Kurukshetra: B. K. Sis. Saroj explaining Spiritual Exhibition organised on the occasion of Solar Eclipse to Deputy Commissioner Shri K. K. Gupta, I.A.S.; S. D. M. Bro. Satya Bhushan Lohia, D. D. P. O. Bro. Amrit Lal, Bathla and others. 8) Sojat City: Seated on the dais at the Spiritual Conference are Minister for Forest, Environment and Minerals are Bro. Lakshmi Narayan Dave, B. K. Sis. Urmila, Sub-zonal officer Sunita Daaga and B. K. Sis. Aruna.

Godly Service Report

CUTTACK

"A Golden Evening"

"Awaken and use inner powers, wisdom and qualities through the practice of spiritual knowledge, universal values and Rajyoga meditation to realize and restore peace, health, harmony and happiness in self and society", said Rajyogini Dadi Hridaya Mohini, Joint Chief of Brahma Kumaris, while delivering her divine message and Godly blessings before a mammoth gathering of over one lakh people from all over India and Nepal at a Mega Public Programme titled "A Golden Evening to Receive God's Blessings" organised by Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya at Bali Yatra Ground here on November 6, 2005.

Conducting a few minutes of mass meditation for world peace, she exhorted the massive gathering to create and consolidate a culture of giving, caring, sharing and serving with selflessness, sweet smile, good wishes and goodwill so as to establish Ram Rajya or heaven on earth.

Inaugurating the Mega Event by hoisting the *Shiva Dhawaja*, and by lighting candles, H.E. Rameshwar Thakur, Governor of Orissa said that Godly blessings could be bestowed on us only when we practise spirituality and give a helping hand to build better life and society on earth.

Hon'ble Navin Patnaik, Chief Minister of Orissa, addressing the audience as Chief Guest said that the socio-spiritual services which the Brahma Kumaris are rendering in the field of value education, character building, holistic health and positive lifestyle are commendable and highly needed to change the current state of decline in values and discipline in all walks of life. He further emphasised that with the help of Brahma Kumaris spiritual education and meditation, Orissa could lead in spreading the message of peace, amity and unity not only in India, but also in the whole world.

Other important dignitaries who addressed and inspired the congregation included Shri Vishwa Bhushan Harichandan, Minister for Law, Industries and Rural Development, Government of Orissa, Shri Manmohan Samal, Minister for Revenue and Civil

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THE WORLD COMMUNITY NEEDS SUPREME GUIDANCE

...

The evening of 30 November 2005 would be recalled as a highly significant time for seekers of truth, Godly love and wisdom. Shantivan (Abu Road) played host to over 10,000 members of the BK divine family who received most valuable treasures directly from the Bestower of Wisdom, Peace and Love. The meeting with Avyakt Bap Dada was shorter in terms of time nonetheless everyone felt it to be very powerful and motivational. The highest truths spoken by God, the Supreme Teacher, are revealed in the simplest way so that all of His children across the world can understand their profundity and inculcate the same in practical life.

Everyone was reminded how crucial the present time is in terms of transformation for the self and world. The aim is to return to our perfect self, which is free from all types of bondages (from the body, senses, sanskars and relations) and completely like the Father (the ever-perfect One). Such

souls (spiritual children) are liberated from all sorts of obstacles and negative thoughts, and become deeply humble and pure. Living in freedom from old habits and negative attitudes becomes natural for them.

Bap Dada further explained that these souls are able to bestow spiritual vibrations onto others as Light and Might Houses, for which there is a need to practice the stage of bodilessness (consciousness of being a spiritual energy, the soul, acting through this body and performing actions accordingly) over a long, long period of time. The final test-paper is that of focusing one's thoughts in a beneficial direction within a second wherever needed. Concentration should be attained in a second without any upheaval. This practice is required while coming into action throughout the day. Once the mind is controlled, none of the senses can enslave the soul. Thus one becomes '*Master Almighty*' as is the aim of new aspirants of spiritual learning.

To remain free from excessive laborious spiritual effort-making, become extremely loving to God from your heart. Simply remind yourself of the promise made at the time of taking this spiritual birth: '*Mine is one Father and none other.*' Have all relationships with the one Supreme Father in order to receive all attainments and become His worthy heir. Turn every relation into a Godly relationship filled with spiritual love. A new consciousness will then emerge towards different relationships based totally on a spiritual outlook and attitude.

A truth which needs to be realized is that we receive positive fruits when we make sincere efforts. Bap Dada is willing to bestow complete help but effort-making is the role of human souls in drama as we are to reap the fruits. His blessings are given in million-fold all the time and best realized in person, when the divine commands are imparted in whispers over a couple of hours... What fortune! How blessed are the souls across the globe who take this golden opportunity to listen, recognize and realize the versions of wisdom! A deep awareness of the significance of the unparalleled Confluence

Age wherein God descends from His Supreme Abode (*Paramdham*) inspires us to do our best as per His divine and elevated directions (*shrimat*). Those who are sensible and courageous enough to follow through become the greatest fortunate souls in the world.

May you become one such invaluable instrument of God!

.....

GOD'S MESSAGE OF ESSENTIAL POSITIVE CHANGE

(‘World Peace Festival’ at Chandigarh, 20 Nov. 2005)

Every member of the BK divine family is conscious of conveying God’s message to one and all in every corner of the world. In Bharat, under the umbrella theme, ‘*Living Spirituality for a Value-Based Society*’, a large number of mega programmes and mini-mega programmes are being organized almost every month in various parts of Bharat.

One of these mega programmes, ‘*World Peace Festival*,’ was carried out in Chandigarh Parade Grounds on 20 November 2005.

Under the able and divine guidance of BK Didi Achal and BK Brother Amirchand, the entire Chandigarh zone (which encompasses BK centres in

Punjab, Haryana, Himachal, Uttranchal and Jammu & Kashmir) put in their might to make the event most beautiful and memorable. The unlimited feelings of love and co-operation of the brothers and sisters resulted in the event being a greater success than expected. About 20,000 BKs and 55,000 invited guests from Chandigarh, in particular, and neighbouring cities of the Punjab Godly Service Zone participated and were enriched by the divine atmosphere created by the cultural programme hosted from 12.15pm to 2.15pm as a prelude to the grand event.

The guest speakers included Rev. Dadi Jankiji and Rev. Dadi Hirday Mohiniji and other senior brothers and sisters. Dadi Jankiji advised the gathering not to go after name, fame and materialistic attainments stemmed by negative desires but make one’s thoughts, character and conduct pure, positive and virtuous, as this will create the foundation for a better society.

Dadi Hirday Mohiniji urged the people of Punjab to become true lions by overcoming the inner negative traits, and maintaining one’s true dignity of peace, compassion and sweetness.

The appealing sentiments expressed in the form of welcome speeches by Mrs. Kartar Devi, Haryana Minister for Health and Social Welfare; Dr. Harbans Lal, Chief Parliamentary Secretary, Government of Punjab; Ms. Anu Chatarth, Mayor of Chandigarh Municipal Corporation were effective in demonstrating the great respect that the Governments of Haryana, Punjab and Union Territory of Chandigarh have for spiritual values and concern for dissemination of these values for the common good of the people.

The positive vibrations and words of wisdom from the revered Dadis and other senior Rajyogis kept the audience spellbound. With God’s blessings, the event succeeded in bestowing everyone the gift of peace and happiness as was seen by the cheerful and grateful faces of the audience. It was heart-warming to see that no one wished to leave the grounds before the programme concluded officially at 5.00pm.

Our hearty congratulations to all the centres and sub-centres of Chandigarh zone for this wonderful Godly service so essential in guiding the masses

on the spiritual path of righteousness, peace, love and true happiness.

**NEED OF A GLOBAL
SUMMIT**

On observing the general public interest towards spiritual learning during these BK mega programmes, and many other big events of spiritual nature, it is evident that human beings are starving and internally dying of spiritual hunger. The world leaders are mainly very concerned about helping the needy and those affected by natural disasters. Granted this is crucial, however it, would be so valuable to hold a 'Global Summit of Heads of Governments and Spiritual Leaders on Spiritual Re-Empowerment of Humanity.' Such events will focus world attention on the importance of imbibing spiritual values in daily life. This is guaranteed to empower every individual to fight and win the inner conflicts by conquering subtle weaknesses and vices. We can only win the rampant wars against terrorism, AIDS, poverty and other such matters of universal concern with spiritual wisdom, love and understanding.

- BK Nirwair



SEARCHING FOR LOVE

-B.K. Sister Carmen,
Trinidad, W.I.

*Our Supreme Father, the Supreme Soul
Who sustains His creation throughout this world,
Be it rich or poor or black or white
You attain what you deserve when the time is right.*

*High up above, Baba looks down below
And sees all His children, who begin to follow,
The shrimat He teaches day after day
Must be put into practice, as we move on our way.*

*Birth after birth, we've been searching for you
From temples and mosques and from churches too,
For half a kalpa maya took us for a ride
Now we're conquering her, with you at our side.*

*Shortest of the cycle is the confluence age
Making effort to attain the highest stage,
Every soul plays their part with love
from their heart*

Having Baba beside us until we depart.

WHAT SHOULD WE DO?

■ B. K. Surendran, Bangalore

Life is a long and persistent learning experience. All are students. The world is also a playground where we all are players. But in almost all cases we find people playing a response game—Paying back in the same coin; an eye for an eye; a tooth for a tooth. A leg for a leg, a life for a life—is the principle of the most self-destructive type. Mahatma Gandhi had said that if we play this game, ultimately we would have only blind people in the world. Settling scores in different fashions and styles is becoming a way of life. Man has become a victim of others' overtures, words, deeds, likes and dislikes.

Our Control outside?

It is observed that individuals are controlled, managed and influenced by other individuals in a positive or negative way. In almost all cases, it is negative influence, rather a crude form of negativity. There are undercurrents of imitation in almost all activities of the people. This

is a dangerous trend. When mankind is trying to control the forces of nature and exploit the nature, it is pathetic that other human beings, things, comforts, conveniences and situations in life should be controlling man himself.

Our Values in Life?

If we ask a person to speak on values in life, he may give a lengthy speech, while in practical life many such individuals are mutilating, manipulating and butchering the values in life. Let us ask ourselves what are our values, which we cherish? Some people think that when they speak one thing and do something else, it will not make any difference to them. But not being truthful to oneself is a great crime. When we speak of the values of peace, politeness, courtesy, civility, love, non-violence, truth, honesty, peaceful coexistence, sacrifice and service, it is incumbent upon us to uphold these in our practical daily life and promote

such values. Many others may be seen behaving discourteously, violently, dishonestly and so on. But what should we do? In the face of such behaviours, we must decide what should be our response. Our response should not be based on what others speak and do. Our response should always be influenced by our values in life. Our response and decision-making should be anchored on the firm ground of values in life. We should respect the freedom and choice of others. But, at the same time, others should not influence our response. There is a space between stimuli and response. We must be prepared to catch up with that space peacefully and successfully.

Our Discipline in Life?

Orderly life style is a by-product of the discipline we foster, nurture and culture in our life. We must have an agenda in life. What should we be doing the entire day with a time schedule so that we will not waste time in waste and negative thoughts, waste relationships and frivolous frolics and so on? Man is what he thinks. He is what his mind is. In fact the great purpose of education is to discipline rather than to furnish the mind; to train it to the use of its own powers, rather than fill

it with the accumulations of others' mind. Individual life has an orbit. This orbit is governed by restraints, good culture, truthfulness, discrimination and non violence in thought, word and deed; cleanliness, contentment, surrendering the fruits of actions to God, sublimation of base instincts, attitude of gratitude, instrumentality and constructiveness.

Our Culture?

If a person quarrels or creates problems, should we pay him back in the same coin? Perhaps, we should not. Instead, our choice is to have good intentions and pure thoughts for him. We should understand the situation. He is in crisis and is trying to pass on some burden on us. Let us support him with

pure mental vibrations. These vibrations are thoughts, which have the unique power to empower him to be peaceful and happy. Let us give him time to realize his mistake and help him correct himself. Until then we should hold on patiently and peacefully. We are not living in this world to convince the people that we are of a different breed and that our status is high. We are human beings and should remain so with human qualities. What kind of education and what practical training of pragmatism should we give to ourselves as and when a situation comes up and action is initiated and consequences open up? Somebody may try to upset or make us worry, what is our choice? Should we upset

ourselves and worry? No, our peace and patience are much more important than any kind of physical prosperity. The important and decisive factor in life is not what happens to us, but the attitude we take toward what happens. The surest revelation of our character is the way we bear our sufferings. Circumstances and situations may colour life, but by the grace of the Lord, we have been given the power to choose what that colour shall be. The effect that misfortune, handicap, sickness, loss, accident and sorrow have upon life is determined by the way we treat and meet them and the response that we make towards them. ●

A Real Statesman

Gladstone was the Prime Minister of England. Once, while walking, he met a cart-man who was carrying iron-scrap in his cart. The Prime Minister accompanied him and inquired about the trend of cartage and his earnings etc. In the meantime, there came a small hill on the way. The horse felt difficulty in pulling the carriage. Gladstone asked the cart-man, "What will you do now?" The cart-man replied, "I will have to support." Gladstone said, "I support you too." With their help, the carriage scaled that small hill. The cart-man expressed his gratitude and Gladstone went on his way.

A little further, a person asked the cart-man, "Do you know who that person is?" The cart-man replied, "No." That person said, "He is *William Gladstone*, the Prime Minister of our country." The cart-man was amazed.

Such was the simplicity and serenity of that statesman.

MY EXPERIENCE OF CAD PROJECT

■ Sis. Rajni Mulchandani,
Ahmedabad



I have been suffering from High B.P. for the last 15 years. I used to take the relevant medicines regularly. About 5 years ago, I had some pain in the chest and after consulting various physicians and then cardiologists, it was diagnosed as unstable angina pain. The pain was persistent which disturbed my family and me. So the attending cardiologist suggested for angiography. We went for angiography at SAL Hospital, Ahmedabad on 22nd Feb. 2005 which was done by Dr. Sameer Dani – a renowned doctor. It was reported to us that one artery was 100% blocked while others had multiple blockages to the extent of...%. The Doctor prescribed for Surgery. But before taking decision, my family took second opinion from Dr. Anil Jain of Sterling Hospital, Ahmedabad who also suggested for Bye-Pass surgery. We took third opinion from Dr. Tejas Patel of Krishna Heart Institute, Ahmedabad who also suggested for immediate operation. Now it was decided to go for Bye-pass surgery through Dr. Anil

Jain of Sterling Hospital, Ahmedabad. The date and the package was decided also.

Suddenly then came the Spiritual Light through a friend of my husband. This friend of my husband suggested that in the Brahma Kumaris, they have natural healing methods and we should approach them before actual surgery. My husband immediately approached Brahma Kumaris Centre situated at Sardar Patel Colony, Ahmedabad. My husband was impressed by the pious Kumari who arranged meeting with Mr. Hasmukhbhai Shah who is also a Cardiac patient and regular follower / visitor of Brahma Kumari's CAD project. Mr Hasmukhbhai Shah showed lot of interest in my case and took the papers personally to Dr. Satish Kumar Gupta, Co-ordinator of CAD Project, Shantivan at Abu Road and then came the call to attend the first CAD project during May 2002.

I attended the program, accompanied by my husband. We were impressed by the methodology and way of

teaching of Dr. Satish Kumar Gupta. His slogan was to "heal thyself" by self-efforts. The live examples of the persons who were completely cured by following the system were before us. The most interesting point was that usually the doctors never tell the patients the cause of their illness. Here in CAD project, Patients are told through psychological test why they are suffering. Then the patient is advised to remove that root-cause of his suffering. No doctor does this practice. We, as such, determined to accept and follow *Heal + thy* philosophy and if there was no improvement, we could go for the alternative, i.e., surgery.

Thus we attended in all four programs at an interval of 4 - 5 months. Every program filled my heart with love and an earnest desire to live. The personal visits of the great *Dadis* of Brahma Kumaris and their preachings changed my entire way of living. I started visiting Brahma Kumaris centre

nearby our residence at Memnagar, Ahmedabad. I never felt that I would undergo surgery. I never had angina pain again. Everything goes normal in my life now. My relatives, friends and neighbors now doubt whether I was a heart patient..

NOW I AM NO MORE A HEART PATIENT

Then time came for the second angiography. This time we decided to go to another hospital. So, instead of going to SAL Hospital (where we had our first angiography), we went to Sterling Hospital (whose Dr. Anil Jain had suggested to undergo Bye-Pass Surgery after looking at my first angiography Report). This second angiography was done on 7th August, 2003, by Dr Keyur Parikh at Sterling Hospital, Ahmedabad in the presence of my same attending cardiologist and they were

surprised when my 100% blocked artery was shown to me as 100% open and other multiple blockages almost vanished/reduced to a great extent. The same doctor of Sterling Hospital said, 'It is a miracle. I cannot believe when I compare it with the first angiography report'.

My result is due to the blessings of Shiv Baba and great *Dadis* of Brahma Kumaris whose blessings worked wonders. I dedicate my success to Dr. Satish Kumar Gupta who took lot of pains in designing the program, teaching in a very lucid manner, in attending all patients uniformly and whose guidance changed my lifestyle to overcome the disease. Mere *Darshna* and Conversation with this Angel Person works more than medicines. How can I forget my husband whose efforts, personal touch and support at

every level was great inspiration for me. It is wonderful that he also takes the same stuff which I take regularly as prescribed by the CAD Project.

MY MESSAGE

My reports are my messages to the masses suffering from cardiac problems. I feel that when I can be cured why not everybody? I have realized the pains of angina.

So I know the Pain of Heart Patients and then the agonies of their family members which can be cured simply by the MURLI of Shiv Baba's place – Diamond House of Shantivan, Abu Road. The lap of Dr. Satish Kumar Gupta is open for all. He calls heart patient not as a heart patient but Dilwala.

Now I am not a heart patient. I can spread the light through a torch given by Dr. Satish Kumar Gupta. My services are available all the 24 hours for any Dilwalas.

Experiences In Spirituality THE PAIN

—BK Ilse Auerswald, Germany

[Sister B.K. Edlth, 83, living in Hamburg (Germany), has been following Rajyoga for the last 20 years. She has had many special spiritual experiences, one of which is presented below.]

Some time ago in the morning I felt pain. It

was the heart going through its problems. The pain was unbearable and terrible.

I went to my sitting room and sat down before Baba's picture. I said, "Baba, I cannot live anymore. My pain is so unbearable that I want to leave my body and fly to you at once if it is possible."

After this talk I went into silence. The meditation was very deep and loving. When I returned to the present, I first could not believe that the pain had disappeared! And it never did return...

READERS' FORUM



Sir,

I have been a regular reader of 'The World Renewal' since May-2005 and during this short period, I have come to know many great things about Brahmakumaris Organisation, In October-2005 issue I read about the Australia-New Zealand visit of BK Bro. Nirwair and Dr. Partap Midha. It gives immense pleasure that Indian philosophy, values and spiritual ideas get too much respect in the developed countries of the world. It would be unfair to appreciate any single or some particular articles etc. of this magazine because the team of 'The World Renewal' seems fully experienced and every word of this magazine seems appreciable. Take the November-2005 issue of this magazine for example, which starts with the visions of a great visionary, His Excellency the Hon'ble President of India, Dr. A.P.J. Abdul Kalam and ends with the great words alongwith a sketch of BK Raj Rup Fuliya. And in-between there are other articles etc. by senior and experienced writers/persons. The starting of 'Student's Column' has drawn the attention of students and younger ones towards the magazine, who contribute their valuable writings on various topics – virtues, environment and cultural heritage etc. cultivated by their young minds. Moreover, this magazine is presenting the blend of 'Science

and Spirituality', which can be observed in the teachings/preachings of Brahmakumaris organisation. I also feel lucky to serve a little for this magazine during the recent months.

In the end, I extend my best wishes to 'The World Renewal' team and Brahmakumaris organisation which are working as torchbearer of knowledge and peace for the world.

– **Mahender Sachdeva**
Hansi (Haryana)

To Editor,

I have been reading The World Renewal for the last 23 years. The series on Eternal World Drama by B.K. Nityanand also I read regularly with interest. It is marvelous as he has tried to scientifically prove about eternal world drama, soul etc.

I would suggest humbly that B.K. Nityanand's articles published in The World Renewal magazine be compiled in a book which will be useful as a reference book and it will benefit all spiritual aspirants.

– **B.K. Mansharamani, Sirifort, Delhi**

FOR KIND ATTENTION OF OUR READERS

We thank our readers for their observations, frank opinions and invaluable suggestions. Please send your letters alongwith complete name and full postal address/e-mail, to :

Readers' Forum,
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CONQUER EGO



— Dr. Jagmohan, Garhwal, Uttranchal

It is generally said that knowledge is power or knowledge is the source of income. It is also quite often found that knowledge becomes the source of arrogance and conceit for many.

Man's ego born out of such a mental frame is responsible for his bondage as well as his sorrows. Ego is very difficult to overcome, as it is in a very subtle form. Apart from being proud of one's knowledge, a person can also be inebriated of his lineage, education, wealth, and status, though he may not be aware that this vice has enslaved him. **The spiritual aspirants always remain vigilant to check it. They exercise self-control and put conscious endeavours to overcome ego.** Scriptural texts abound in stories how even great ascetics succumbed to their ego. Apparently, the authors of these texts wanted to show the detrimental effect of ego on one's spiritual progress. The great epic Mahabharata, in one of its interludes, highlights this through the story of sage Kaushika, who was sent to Dharmavyadha to learn the

lesson of humility.

Having relinquished his home and hearth, Kaushika was doing penance in the forest. One day, when he was performing his ablutions with water in one hand, a crane soiled the water. He could not control his anger and pronounced a curse upon the crane. The crane was burnt to ashes instantly and Kaushika thought that he had attained spiritual powers; this boosted his ego.

He used to go to a nearby village to beg for alms. One day he approached a house and begged for alms. On seeing him, the lady of the house went into the house to bring food for him. In the meantime, her husband returned home and she served him first. Kaushika stood waiting outside the house for some time. He felt humiliated as the lady neither returned nor asked him to wait. He could not control his temper. After some time, she brought food for him. By the time the feelings of anger were writ large on his countenance. The lady without getting perturbed said, "No purpose will be served if you get angry. Your curse cannot affect me, as I am not the

'crane'. Control your anger as otherwise all your penance will be futile. Not only anger, but also desire, jealousy and greed retard spiritual growth".

Kaushika felt humiliated by the wisdom of the lady. Though she was an ordinary lady, she had gained a lot by discharging her duties faithfully. He requested her to enlighten him about the true nature of Dharma but she directed him to Dharmavyadha to learn the subtlety of Dharma.

Assuming that Dharmavyadha might be a great sage, Kaushika went in search of him, and to his astonishment, he found out that the former was a butcher. He approached him with humility as he had already learnt his first lesson from the lady. Dharmavyadha told him the importance of the basic values of life — truth, integrity in business, charity, and service to parents and advised him to uphold those values.

Dharmavyadha further advised Kaushika that he should return home and serve his parents first. He was also advised to pay attention to his duties and sincerely discharge his responsibilities. Now Kaushika understood that no one could evolve spiritually by dereliction of one's duties. With the passage of time, he became a great sage. ●

MOUNT ABU – THE PEAK OF SPIRITUALITY

■ B.K. Ranjit Fuliya,
Associate Editor

Recalling the name of 'Rajasthan', we recollect deserts and scorching winds but in this state of India there is a hill-station that fascinates everybody by its charm. Situated in the South-Western Aravali Ranges, in a charming valley at a height of 4000 feet, the name of this tourist site is Mount Abu, which is a wonderful gift of nature. Its geographical location is so favourable that the weather there remains pleasant throughout the year. There are

lush-green gardens, deep trenches and along with natural beauty, there are numerous attractive and marvellous sites related to mythology, history, archaeology, architecture and craftsmanship.

Since ancient times Mt. Abu has been the place of penance for the saints. In the scriptures, Abu has been called 'son of Himalaya'. It is believed that in ancient times, God Shiva's devotees used to live here. The place where sage Vashistha did penance is also situated here.

During the regime of Chandragupta Maurya, in 320 A.D. a Greek tourist named *Megasthenes*, who came to India mentioned about Mt. Abu in his travel accounts. The English liked this mountainous site so much that they purchased it from King Shiv Singh for a meagre sum of Rs 27,000/- in 1917 A.D. Today Mount Abu is a part of Sirohi District in the state of Rajasthan.

Abu Road is the nearest railway station to reach Mount Abu. Abu Road bus-stand is adjacent to the railway station. Mount Abu town is situated at a distance of 27 kilometers from Abu Road and is reachable only by road. One can travel by Rajasthan Roadways buses and taxis are also easily available. About six kilometers from Abu Road, on the left side, there is Shantivan complex situated in the Talheti, (foot of the hills) which was developed by Brahma Kumaris World Spiritual University (BKWSU) about ten years ago. There is a big Diamond Jubilee Hall with a capacity of 20000 and there is not a single pillar in it. In this hall, there is a facility for simultaneous translation of any address or speech into 16 languages. The largest solar-cooker of the world installed here has a capacity to cook



Shantivan (Talhati): BKs Diamond Jubilee Hall with a capacity of 20,000

food for 25000 persons at a time. Just after crossing Shantivan, hilly terrain starts. The tourists cannot forget the joy of this zigzag road full of greenery on the sides. Before entering the Abu city, you have to pay a passenger toll tax of Rs 10/- on the municipal barrier. Pay the tax, get the ticket and proceed.

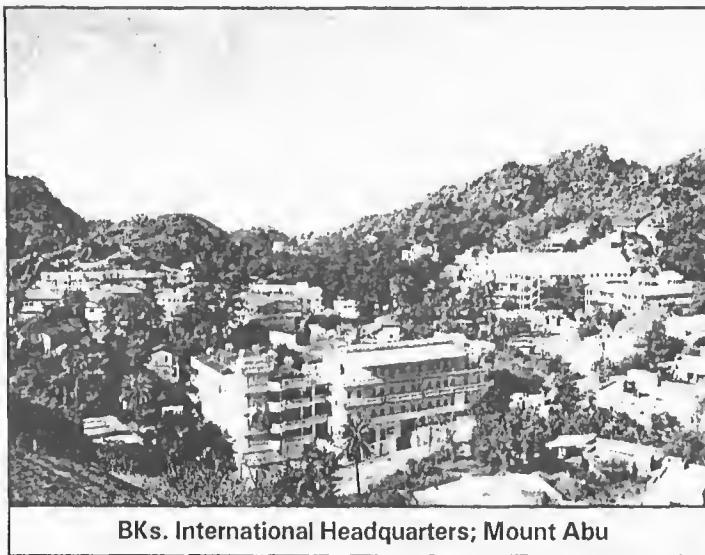
Situated at a distance of 4 kilometers from Abu city are

Rs. 12 crores. Built in white marble, both the temples are wonderful pieces of architecture and craftsmanship. In the courtyard of these temples, the main pavilion of the domes and altars, roofs, arch doors, tops of pillars and walls have beautifully and artistically engraved pictures of gods and goddesses, flower-pots, human-figures, singers and musicians, the stories of Jain preceptors,

elegance of Architecture and Craftsmanship of India during the construction of these temples.

Nakki Lake, situated near main bazaar of Abu city, is also a centre of attraction for the tourists throughout the year. It is said that gods created this lake by digging it with their nails. Earlier it was called 'Nakkhi Lake', which became 'Nakki Lake' later. While walking around Nakki Lake, you will see a rock shaped like a frog, which is called 'Toad Rock'. It seems as if this frog is about to jump into the lake. Just adjacent to the main bazaar is World Renewal Spiritual Museum where we can see the story of 84 births of human soul and different aspects of knowledge displayed by beautiful pictures and models. The Sunset-Point is on the ultimate point of Abu hills where when the sun sets; it seems as if a red-yellowish spherical mass of fire is coming down. This view of the sunset gives great joy. There are appropriate places to accommodate tourists in Mount Abu. There are more than 100 hotels. Abu is a small town and most of the residents here are either in the tourism industry or in business.

.... to be continued.



BKs. International Headquarters; Mount Abu

Dilwara Jain temples. The main attraction of the campus is Vimal Vasahi temple. It was built by Vimal Shah, the Army Chief of Gujarat in 1031 A.D. at the cost of Rs 18 crores and 53 lacs. The other main attraction is Lun Vasahi temple, built by the two ministers of Gujarat, named Vastupal and Tejpal (both were brothers) in 1230 A.D. and cost more than

the story of Shri Krishna's conquest, incarnation of Narsingh, and the sportive plays of Lord Krishna etc. Moving artistic spheres on the ceilings of domes, very subtle digging cutting and engraving have their own beauty. The visitor gets amazed at seeing them many of which one monolithic, i.e., carved out of a single stone. One can easily assess the

AN ACQUAINTANCE WITH THE SUPREME SOUL!

■ B.K. Brahma Kishore,
(Retired Judge), Allahabad.

Almost all the religions accept that the Supreme Soul is Incorporeal (without body), Immutable (ocean of all virtues) and The Supreme Power House (fountain of ultimate power). People call him by different names – *Ishwar, Bhagwan, Akal Purush, Allah, God* etc. But He is the one, the only one, the solitary—there is no other. Generally he is considered to be a Spark of Light, a halo, a Flame of Fire, a Shining Star, Cluster of Radiance etc. Common people in all the religions are not able to comprehend the incorporeal form of the Supreme Soul. It is easy, simple and convenient for them to understand Him through the image of bodily form, as an idol or picture. That is why all the religions have represented Him in one or the other bodily form, for instance *Shivling* in Hindus, *EK OMKAR* in Sikhs, *Sang-E-Aswad* in Muslims and Cross in Christians etc.

Nearly all the religions

believe that the Supreme Soul is the ultimate father of all—the Boundless Father. But our narrow vision has bound and imprisoned him within the limits of Temples, Mosques, *Gurudwaras* and Churches etc. Not only this, we have made him an object of possession by saying He is ours, others', mine, their etc. Yet we have not understood Him in reality.

In the doctrine of knowledge (Gyan Marg), the Supreme Soul is conceived as a Light Point, a Dot, a Zero, which has no beginning and no end. He is the Limitless. A point has no length, no breadth, no form and no extent. A zero is the bodily form of a point. Thus the Boundless One has been bounded within a circular globe. Though having no value of its own, if you go on putting a zero after any numeral, its value would automatically go on increasing. The Supreme Soul is just a Dot in form, but is an ocean of virtues and power. What better way can there be

to explain the Incorporeal Unlimited?

All the religions believe that the Supreme Soul is unborn, immortal, boundless, without any beginning or end, indestructible and eternal. He is free from the chain of births and deaths. This proves that whoever has a form, a physical body and is tied up in the cycle of births and deaths cannot be the Supreme Soul.

For the functioning of the creation (the universe), the Supreme Soul required functionaries in body form. Hence, He divided the work and entrusted it to the three deities. Brahma was given the work of Creation, Vishnu the work of Maintenance and Shankar the work of Destruction. In fact, creation, maintenance and destruction are the three stages through which the Nature or the Universe has to pass in a never-ending cycle of change. Change is also the Rule of all those having physical bodies. Except the Supreme Soul, there is nothing permanent, immortal and eternal. That is why the Supreme Soul is called "*Satyam, Shivam, Sundaram*"; *Satyam*—the ultimate Reality, *Shivam*—the Benefactor and *Sundaram*—the Magnificent.

There are many paths to the union of the soul with the Supreme Soul; for instance, detachment (*Nishkam Karmyog*), the Rigid Body Discipline (*Hath Yoga*), Absolute Devotion (*Bhakti Marg*), Doctrine Of Knowledge (*Gyan Marg*) etc. There is no mutual contradiction in the different cults; rather they are complimentary to each other. All the paths lead to the Supreme Soul. But it is very difficult to tread all the paths simultaneously with the same speed. A question arises, why then so many routes? In the Detachment School, there is emphasis on the ethical discharge of worldly duties, without thinking of the result, while in the Rigid Body Discipline; the medium is considered to be the absolute control over the physical body. In the path of Absolute Devotion, prime importance is on emotions and imagination, i.e., absolute faith, belief and dedication. In the Doctrine of Knowledge, there is the use of intelligence, rational thinking and justice oriented comprehension.

All the people are not of the same intelligence level, characteristics, nature and taste. Some people are carried away by emotion and imagination, like the musicians,

the poets and the artists etc. It is natural for them to have a liking for the path of Devotion. Some people test the dogmas on the touchstone of intelligence and weigh it in the scales of discretion like the logicians, scientists and jurists etc. The Doctrine of Knowledge attracts them. In the path of Devotion, there is the worship of the corporeal, while in the Doctrine of Knowledge; there is dedication to the Incorporeal. The climax of Devotion is the 'Knowledge' of the Supreme Soul. The summit of Knowledge is Devotion, when the Soul unites with the Supreme Soul. There is a sort of overwhelmingness in the physical body in the path of Devotion, but only for sometime; while there is permanent bliss or spiritual intoxication in the Path of Knowledge.

No other doctrine, creed or cult gives such an easy, simple and convenient exposition of the Supreme Soul, as in the School of Knowledge (*Gyan Marg*). This is an intellectual, rational, logical, justice-oriented system, which is based on four prominent pillars: -

(a) Strictly observing cleanliness, purity and holiness in our life, the object of which is to make the physical body like

a temple, to be worthy of the union of soul with the Supreme Soul.

(b) Constant practice of selfless services and unwavering philanthropy, i.e., the realization that every individual is a soul brother and we are all children of the same Ultimate Father of All, the Supreme Soul. Its object is the upliftment of society through one's spiritual evolution.

(c) A clear and correct comprehension of the Soul and the Supreme Soul, the object of which is to know in reality the conscious power and the cosmic power.

(d) The means or medium by which the soul unites with the Supreme Soul, i.e., the Easy Method Of Royal Meditation (*Sahaj Raj Yoga*). Its object is to seek *jeevan mukti*, i.e., *fruition or liberation- in-life*,

Now it merits consideration whether we should dedicate ourselves to the Super Power Fountain, i.e., the Supreme Soul or to the worship of His officials, i.e., the Deities. Decidedly, if we have a direct approach to the King, why we need to go to His Ministers? That is why there is dedication to the Supreme Soul in the Path of Knowledge and not the worship of the Deities.

The Doctrine of Knowledge

is not only for the intellectuals, but also for all those people who do not believe in hypocrisy, delusion, make-belief, rituals, tradition, superstition etc. In this modern age, when science has altogether changed the very

definition and perception of nature, Time and Space, let us try to understand and examine Spiritualism through a logical, rational and justice- oriented viewpoint. Opinions, dogmas, concepts have to be examined

on the touchstone of intelligence and discretion before accepting them. Let us make our invaluable human life meaningful and successful by owning the Path of Knowledge today only.

POINT OF VIEW: Aroma of Inner Wisdom

Imagine you're in London's Heathrow Airport. While you're waiting for your flight, you notice a kiosk selling cookies.

You buy a box, put it in your travelling bag and then you patiently search for a vacant seat so that you can sit down and enjoy your cookies.

Finally you find a seat next to a gentleman. You reach down into your travelling bag and pull out your box of cookies.

As you do so, you notice that the gentleman starts watching you intensely. He stares as you open the box and his eyes follow your hand as you pick up the cookie and bring it to your mouth.

Just then he reaches over and takes one of your cookies from the box, and eats it! You're more than a little surprised at this. Actually, you're at a loss for words. Not only does he take one cookie, but also alternates with you. For every one cookie you take, he takes one.

Now, what's your immediate impression of this guy? Crazy? Greedy? He's got some

nerve? Can you imagine the words you might use to describe this man to your associates back at the office?

Meanwhile, you both continue eating the cookies until there's just one left. To your surprise, the man reaches over and takes it. But then he does something unexpected. He breaks it in half, and gives half to you.

After he's finished with his half he gets up, and without a word, he leaves. You think to yourself, "Does this really happen?" You're left sitting there dumbfounded and still hungry.

So you go back to the kiosk and buy another box of cookies. You then return to your seat and begin opening your new box of cookies when you glance down into your travelling bag.

Sitting there in your bag is your original box of cookies — still unopened.

Only then do you realize that when you reached down earlier, you had reached into the other man's bag, and grabbed his box of cookies by mistake.

Now what do you think of the man? Generous? Tolerant? You've just experienced a profound paradigm shift. You're seeing things from a new point of view. Is it time to change your point of view?

Now, think of this story as it relates to your life. Seeing things from a new point of view can be very enlightening.

UNIVERSAL PEACE

Peace is absent from some parts of the world because of racial prejudice or because of hatred built on the basis of caste, colour, creed or sex. Peace is missing in international relations because there is prejudice among nations built on difference in their economic or political systems. Again, there are prejudices between various religious communities and various sects and also between groups speaking different languages. These prejudices of various kinds give rise to ideological intolerance, linguistic chauvinism, racial feud, religious fanaticism and national jingoism. It is these which make co-existence difficult or even impossible. It is these which have created various interest groups and have divided the world and have brought about conflict and confrontation everywhere. These prejudices stoke the fires of hatred and it is hatred which has resulted in armament race and has given rise to war between nations, riots between communities, bitter quarrels among family members and internal strife in

countries.

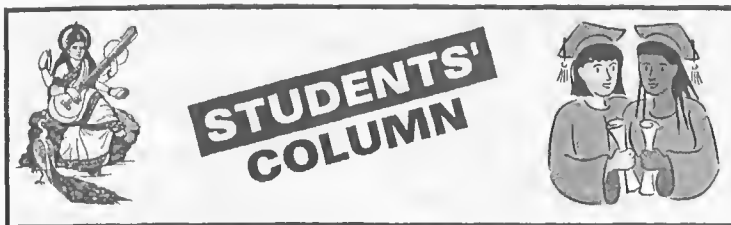
So, if we want to liquidate war and violence and desire lasting and real peace, we must make an earnest effort to free ourselves from prejudice. If we want to be happy and wish to make others also happy, we must give up hatred. We have to make, once for all, a clear choice between hatred and happiness or between prejudice and peace.

For this, we need to realise that if other people do what seems strange and irrational to us, our ways and ideas may also seem even queerer to them. Some of our own beliefs, ways, customs, manners and habits maybe strange to them or may not appeal to their rational sense.

Also we should not forget that different people live in different circumstances and they have been reared in different environment. Different nations also have different historical background, heritage, culture and geophysical conditions. No two nations or communities can have identity of views and history. And, each one has often explanations for their respective beliefs and customs. So we must have an attitude of respect for

their beliefs and ways: we should look upon them as different kinds of flowers in this vast garden of the world. It is highly unfair to place the idiosyncrasies of other races, nations or communities alongside some-one else's and ridicule one of these. We have the right to appreciate and evaluate but not the right to ridicule, hate or destroy, for every individual and every nation has the right to choose its own goal and to judge for its own self.

So, for universal peace, what we must first have is universal goodwill. Goodwill is pivotal to peace. While disarmament, removing environmental pollution, etc. Are essential for building a peaceful world, let us bear in mind that none of these objects can be achieved without goodwill and without respect for others. But how can there be goodwill if there is prejudice or hatred? If, therefore, happiness is our goal, let hatred go from our minds; if we wish to have peace, let us shun all kinds of prejudices. And to have a mind free of all these, let us practise meditation and lead a life of soul-consciousness because it is meditation that gives man mental purity and eternal goodwill. **Universal love is the path to Universal Peace.**



GROW MORE TREES

Trees have great importance in our life. In fact, we cannot do anything without them. They provide us shade in summer. We sit beneath them and find shelter from the burning rays of the Sun. They provide us food and fruits and give fodder for the cattle. They help in soil conservation. They check the flow of rainwater and save the land from soil erosion. Trees also give us wood for fuel. The wood from trees is used to make furniture and houses. The pulp of the wood is used for making paper on which we write and from which we get books, magazines and newspapers. Trees also provide us useful medicine.

Trees purify the air that we breathe. Trees spread an atmosphere of peace and calmness. They enhance the beauty of nature. Therefore, a place surrounded by trees is considered to be the best for meditation. But sometimes, trees are being felled to establish colonies. There is a great need to grow more trees so that we may look after our

earth and the gifts that nature has showered on us. Sri Sunderlal Bahuguna, an eminent environmentalist started Chipko Movement. The environmentalists cling and encircle the trees to protect them from the woodcutters. Their efforts are really praiseworthy.

In the olden days, people in India used to worship the trees. It was considered to be a blind



faith by many people some time ago. But keeping in view the importance of trees in present times, I think that the worship of trees was not a blind faith, but a reverence for nature. It inspired us to conserve environment.

In the last, I would like to say that we should avoid deforestation and grow more and more trees to save our environment.

– **Ruchika Singhmar,**
Class - VII,

St. Kabir's Residential and
Day School, Hisar

TO MY REVEREND BABA

Never had I expected You would change my life in such a wonderful manner. I had never thought I would become part of this splendid, grand B.K. family or receive a home like the holy and incredible utopia on earth, Madhuban. I never realized I was worthy enough to find You, my Supreme Almighty Father, or that Your Murli and eternal knowledge would become part of my daily schedule.

My parents have been your spiritual children for about twenty years. They have taken themselves far beyond the materialistic world of 'body-consciousness', follow the superb qualities of You, my Baba, and are able to detach themselves from the desire of name, fame and show. Even though I used to question them about You and Your knowledge, and wonder about peoples' attraction and sincerity towards Brahma Kumaris *Rajyog centres*, I never thought I too

would become Your student.

Earlier, when I used to go to the meditation centre, the one-hour meditation and Murli used to be tiresome. I used to wait to escape from the centre. Frankly speaking, I would only go to the centre on festive days to enjoy the delicious *kheer*, *gulab jamun* and other tasty dishes.

But today, the deeper I penetrate into the depth of Your Murli, the more I realise my true self, and my faith in You increases. Every word of Yours carries great teachings that are not merely heart-touching or mythical, but awaken me to my past, present and delightful future. Today, I feel myself getting stronger and stronger to defy the darkness in the world because I recognize the self-luminous entity in the forehead.

Baba, Your Murli teaches me to remember You and follow Your *shrimat* while performing my daily chores. The talk I have with You at *Amritvela* makes me feel fresh and blessed. The water I drink and food I eat are taken in Your remembrance and with Your blessings; every task I do is guided by You; You accompany me on every journey; my every decision is positive, transparent and accurate because of You. Now you have become such a significant part of my life that I

cannot even think of being separated from You. Baba, You are the only one Whom I can rely on confidently and be free from any sort of dilemma. Today, I clearly see and feel the difference between me and the rest of the world. Therefore, I hold no more expectations of the world; when the Almighty has given me an adorable seat in His generous heart, why should I long for the elusive human hearts?

Baba, nothing in the world can express or manifest my love and dedication towards You; no words or any scientific device can measure the depth of my feelings as the tranquillity and gratitude I feel is too subtle to express. But I know that You know what is in my heart. Baba, You can read my heart accurately; this is proved by the companionship, confidence,

transcendental bliss and many other virtues I experience. I wonder and even get frightened when I think how empty my life was without You and what it would have been like if I

had not become Your child. You have inspired me to accept life as a drama and thus boldly confront whatever situation I am faced with.

Lastly, my personality and lifestyle have been changed by Your enlightening Murli of eternal knowledge. My greatest fortune was to get the opportunity to visit Madhuban. The perennial teachings and inspirations I take from the B.K. sisters have helped to make me what I am today. For this, I will always be thankful to them.

Isn't it my greatest fortune and achievement to be drawn towards a new, enlightened path of spirituality? My only wish is that every human being realises its importance and claims his/her Godly inheritance.

– BK Dipika Sigdel, B.A.
1st Year, Nepal

Good News for Students!!!

We thank students for their overwhelming response to "Students' Column". Please send your articles/poems etc. on the topics:

Role of Values in Life, Co-operation, Inter-Religious Harmony, Role of Information Technology in Creating a Better World, Cultural Heritage of India, World as a Family, Positive Thinking, Peace, Universal Harmony and Human Values etc., with complete name and full postal address/e-mail, to:

Students' Column,
'The World Renewal',
Gyanamrit Bhawan, Shantivan,
Abu Road-307510, Rajasthan (INDIA),
e-mail: theworldrenewal@yahoo.co.in

HEAR, HEAR: A BRAND NEW GIFT FROM THE PRESIDENT

— Bindu Shajan Perappadan

The first made-in-India cochlear implant is on its way.....

New Delhi: Here is some good news for those with hearing problems. With help from the Defence Research and Development Organisation (DRDO) and top medical professionals, President Dr. A.P.J. Abdul Kalam will soon be "gifting" to the country its first indigenous cochlear implant.

The instrument — an electronic device to restore hearing through a surgical implant into the skull of the patient who is congenitally deaf and as a result dumb or has turned deaf later on in life — can be used by both children and adults.

However, the reason why its entry into the market is so keenly awaited is because its cost is going to be only one-fifth of the cheapest cochlear implant now available in the country. At present, a cochlear implant costs anything from Rs.5 lakhs to 9.5 lakhs apart from the cost of surgery and

hospital stay.

This latest "gift from the President" is ready to go in for animal testing soon. This will be followed by human trials after which the product will hit the market.



The implant is expected to help a million people affected by the problem besides, of course, the pride of carrying the tag "Made in India." The design and working mechanism of this low-cost implant are still a "well kept secret" with talks under way with manufacturers, suppliers and dealers to create a proper market for the product.

"The DRDO Hyderabad team and other experts have been working earnestly towards making the instrument and we will be

testing it on guinea pigs soon at Delhi's Defence Institute of Psychological and Allied Sciences (DIPAS) at Timarpur. The instrument was to be tested on cats, who have an ear that resembles that of humans, but following strong protests from animal rights activists, a new animal had to be selected for testing. After selecting the guinea pig, we had to modify the instrument, making it smaller to fit into the animal," says Dr. J.M. Hans, senior ENT specialist at Ram Manohar Lohia Hospital here.

The hospital was also among the first in the country where the minimally invasive technique for cochlear implantation was started. "The indigenous new implant, which can be put in through the minimal invasive path, will however not be smaller or lighter than the present instrument, but with the reduced cost it would be accessible to more people. The President is virtually gifting to his people the joy of sound and we are thrilled to be part of the project that will help a million people in India alone," says Dr. Hans.

(Courtesy: THE HINDU, NEW DELHI DATED 25.11.2005)

THE MAKING OF A MOTHER

By the time the Lord made mothers, He was into the sixth day working overtime. An Angel appeared and said “Why are you spending so much time on this one?”

And the Lord answered and said, “Have you read the spec sheet on her?”

She has to be completely washable, but not elastic; have 200 movable parts, all replaceable; run on black coffee and leftovers; have a lap that can hold three children at one time; and have six pairs of hands.”

The Angel was astounded at the requirements for this one. “Six pairs of hands! No way!” said the Angel.

The Lord replied, “Oh, it’s not the hands that are the problem. It’s the three pairs of eyes that mothers must have!”

“And that’s on the standard model?” the Angel asked.

The Lord nodded in agreement, “Yep, one pair of eyes are to see through the closed door as she asks her children what they are doing even though she already knows. Another pair in the back of her head are to see what she needs

to know even though no one thinks she can. And the third pair are here in the front of her head. They are for looking at an errant child and saying that she understands and loves him or her without even saying a single word.”

The Angel tried to stop the Lord “This is too much work for one day. Wait until tomorrow to finish.”

“But I can’t!” The Lord protested, “I am so close to finishing this creation that is so close to my own heart. She already heals herself when she is sick and can feed a family of six on a pound of bread and can get a nine year old to stand in the shower.”

The Angel moved closer and touched the woman, “But you have made her so soft, Lord.”

“She is soft,” the Lord agreed, “but I have also made her tough. You have no idea what she can endure or

accomplish.”

“Will she be able to think?” asked the Angel.

The Lord replied, “Not only will she be able to think, she will be able to reason, and negotiate.”

The Angel then noticed something, reached out, and touched the woman’s cheek. “Oops, it looks like You have a leak with this model. I told You that You are trying to put too much into this one.”

“That’s not a leak,” the Lord objected, “That’s a tear!”

“What’s the tear for?” The Angel asked.

The Lord said, “The tear is her way of expressing her joy, her sorrow, her disappointment, her pain, her loneliness, her grief, and her pride.”

The Angel was impressed. “You are a genius, Lord. You thought of everything for this one. You even created the tear!”

The Lord looked at the Angel, smiled, and said, “I’m afraid you are wrong again. I created the woman, but she created the tear!”

Relationships: When you make a mistake, learn from it, resolve not to repeat it and then forget about it. You will feel better again. Do the same with others. Instead of making their mistakes bigger, dissolve them in our mind and help others also to forget about them.

A sensible person does not criticize the mistakes of others. Instead, he learns from them for the future.

WOMEN EMPOWERMENT THROUGH SPIRITUALITY

■ B.K. Prof. (Retd.) Ved Guliani,
Hisar

Man down the ages has been hypocritically possessive when it comes to extending equal human rights and dignity to women. Ironically our male-dominated world celebrated the year 2001 as the year of Women's Empowerment with an implied understanding that man will work for woman's well-being and uphold her dignity. With great fanfare we conducted Beijing Conference; Social Summit at Copenhagen and Human Rights in Vienna.

But has woman's socio-economic status changed for the better during the last few years? Is she now able to live with dignity, live and work in safe and caring environment? We all know the painful answer to such questions. Infact empowerment seems to have become a fashionable word in any drawing-room academic discussion without even realizing what it actually means.

Despite the so-called revolution in knowledge and liberalism in all fields of life, a

girl child in most cases is not allowed to be born; if born her survival is not ensured. If somehow she survives she is subjected to neglect and discrimination. It is a bitter truth that in our country, every year about four million women risk their lives and get illegal abortion done. Even many women die during this process of sex-selective abortions.

In such a painfully complex state of affairs of the feminine section of the society the solution lies not just in applying some remedial measures or making some concessions – legal and social – to women, but it is in understanding the root cause of such a catastrophic state of our women. The basic issue is a general decline of values in all spheres of human existence. An unprecedented surge of materialism, fueled by industrialization, a consumer society and rampant globalisation has contributed to a decline in values. No doubt one should not ignore the tremendous benefits that human

society has gained from science and technology but an imbalanced and mindless perusal of material output has taken a heavy toll of our ethical, moral and spiritual values. It is only because of an excessive materialism that man has lost touch with the true experience and lasting values of human life i.e. peace, love and joy.

Taken in a dispassionate and objective perspective the question of gender discrimination is not as much of injustice and exploitation of one section of the society as it is a crisis of identity. The question of self-identity is rather the pivot of one's empowerment. So long as we view our existence and the aim of life on a materialistic physical level, our consciousness and the resultant actions will remain narrow and limited.

It is in such a situation that humanity needs to practise spirituality that tells us that within every human body there is a spiritual self. With this realization and an awareness of our own inner dignity, one realizes the true value of love and respect for others around us. Naturally empowerment of women (or even of men) does not lie in material gains by way of property rights, equal work and equal pay but it is in empowering the self, i.e., being

aware of one's capacities and contributions to the family, society and nation and also creating a positive self-image and confidence.

In fact so many restrictions have been imposed on women by our society and culture that the full potential of human being is rarely achieved and all this happens because we understand ourselves only in terms of a physical being and the accompanying awareness of gender. So women's situation starts deteriorating almost from the point of time when male superiority and dominance over female counterparts begins to be eulogized. It is because of this ill-conceived understanding of life that almost half of the humanity, i.e., women, have been suffering disability, discrimination, injustice and inequality for hundreds of years.

Women's status in social field is much lower and often pathetic. They are always in fear of physical harm, economic deprivation and social oppression. She is dictated about dress codes, marriage customs, rituals and traditions. Equality of opportunities, a conducive and safe environment and equal and judicious treatment of women in all walks of life are so far either in dreams or found only on paper. Naturally

there has been a preference for male child which has further resulted in the neglect of the girl child. A general societal prejudice has been prevalent against women.

Hence it is no figment of imagination that particularly in the northern states of India, sex ratio is heavily tilted against women. While at the national level the figure of 927 females per 1000 of males in 1991 jumped to 933 in 2001, in Punjab it declined from 875 to 793 during the same period. In Himachal Pradesh it went down from 951 to 897; in Chandigarh from 899 to 845 and in Haryana it showed a steep decline from 879 to 820. The situation has further deteriorated thereafter.

Yet no one can deny the truth that a woman plays the most formative and positive role not only in the life of man but also in making of the whole society. Mahatma Gandhi had once said, "The outstanding impression my mother has left on my memory is that of saintliness." In fact a girl child is not only the source of social fragrance, understanding and humanity, but she by her very presence lends a system, discipline and decorum to the socio-domestic atmosphere. The very presence of a woman is encouragement to a gracious and decent social

behaviour.

Brahma Baba, the founder of the Brahma Kumaris World Spiritual University, knew that any spiritual and socio-economic upliftment of humanity could be possible if women were considered equal partners and given their rightful place in society. Hence he deliberately gave special opportunities to women to be administrators, teachers and spiritual leaders. It should not surprise anyone that this unique institution of spiritual awakening is run and managed mainly by women. Brahma Baba's vision of the future world of truth, justice and equality is based on harmony and balance between genders. The soundness of his vision has been realized by the whole world in stressing the need for more traditionally feminine qualities of patience, sacrifice, kindness and love for personal spiritual growth and human development. His teachings have brought awareness, particularly amongst women, that soul is eternal and without gender.

Hence this spiritual institution believes that replacing male dominance with priority or reservation for women cannot be the solution to women backwardness because any

type of discrimination is destructive and creates its own imbalances. The problem of suppression can be solved not by a reversal of roles but by a change of consciousness which will come from spirituality and not from any gender-based approach. Realization of an individual's full potential is possible not through political or economic redressal but by revitalizing the spiritual dimension of our life.

It is through spiritual awareness that one sees himself as member of one global family that will ultimately flourish or decay as a whole and not in

separate parts as man or woman. Hence we should be able to utilize and share our talents, resources and characteristics by working together to create a better New World. No one can of course deny that women, who have developed their talent, dignity and strength through spiritual consciousness are powerful messengers of socio-spiritual awakening and improvement. Realising that the true human potential lies in the soul and not in the body, such women can utilize our talent, strength and courage and mould a better and balanced society of human

virtues.

It is our illusion that man is more powerful and superior to woman. If by strength is meant brute strength then indeed woman is less brutal than man. But if by strength—we mean moral power and human virtues then woman is decidedly man's superior. She has great intuition, is more self-sacrificing, has great powers of endurance and courage. The unchangeable truth is that without her, man could not be. It is rather a pity that man does not realize her significance. If woman decides and ceases to be his inferior, man cannot be her superior. ●

The Ocean of Love, the Almighty God says:

***"My dear children - It's time for the world order to transform !
It's time for you to change !***

It's NOW the time for Me to give you what you have been asking Me since long !

It's NOW the time when I have come in your human world!

If you hear someone saying that "NOW the GOD is on earth, come let's meet Him" – they are my beloved children, the Godly Messengers, whom I have sent to spread message all over the world that it's NOW the time ! And if you ignore or do not repose your trust now, you too will be among those who would later say " Oh ! I failed to recognise You."

☞ Are we not seeing what's happening around?

☞ Are we not feeling that now the world must change? – Enough is enough, it can't be worse than what it now is.

☞ Why is everyone in want of peace always?

THINK ABOUT ITNOW OR NEVER.....

**Almighty God Shiva is on the earth... Bestowing upon us – His Divine Progeny
– The inheritance of Purity, Peace and Prosperity... It's Now The Time...**

– B.K. Kamala, Chanakya Place, New Delhi

ETERNAL WORLD DRAMA—

The Eternal Interplay of Physical and Metaphysical Energies – XXV

Contd... from November 2005 issue

■ B.K. Nityanand, B.K. Colony,
Abu Road

We have discussed about the anatomy, biochemistry, physiology, and psychobiology of human being in parts I to V¹. The information contained in these parts, when put to practice in day-to-day life, keep us continually aware about the reality of the self as an eternal, immortal sentient being who has taken a human body in order to play the pre-ordained roles in the Eternal World Drama (EWD). This eternal being, we call soul/or psyche which has the consciousness, and is made up of the metaphysical energies of bliss, truth (knowledge,) peace, love, joy, purity and power. These subtle energies are inter related at macro and micro levels (pl. see parts XIV² and XV³). The state of consciousness is the product of integrated functioning of the three subtle faculties of the soul – mind, intellect and *sanskars*. The readers may refer to part XXII⁴ wherein we have discussed about seven states of

consciousness. As consciousness is the spring board for thought, decisions, and actions, the soul reacts to external circumstances based on what it feels itself to be at that particular moment. Broadly speaking, our consciousness can either be related to the soul or to the body. When I have soul-consciousness, I have inner strength, and my tendencies and talents are reflected in the form of virtues. When I am body-conscious, the self is weak and my original tendencies emerge as vices. Thus, vices are virtues that have lost their direction and power. With the awareness that the actor, the role and the costume are separate, but connected, I pay more attention to the way I am playing my role. I can't change others, but I can tune my role with whatever situations require me to do.

Interconnection: The state of the self and the state of the environment are intimately interconnected, at the gross level, through mind, body,

relationship, and society (please see diagram in part XIV²). At the micro level also there is interconnection between the primary qualities, between the primary and secondary qualities (virtues), and between primary, secondary and tertiary qualities (values) [please see diagrams in part XV³]

Changing the Consciousness:

My state of consciousness affects my mental state, attitude, vision, and desire. These in turn affect the actions I perform and situations in which I find myself, and these are the effects (experiences) of my actions. When there is the desire for pure experience, then the intellect selects those thoughts that will bear desired results. If I desire peace, contentment, love, joy, and power, I will try to eradicate those thoughts and *sanskars*, which are the seeds of disharmony and disquiet. Will power is my ability to put into practice the ideas I know to be for my well-being, and to resist harmful activities. I use this will power to get back to my original or highest state of consciousness.

The Evolution of Human Consciousness through Rajyoga

We have been discussing

about various aspects of human consciousness from the spiritual as well as scientific angles. The evolution of human consciousness through the journey of birth and rebirth takes a quantum jump during the Confluence Age that started with the establishment of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya in 1937 by the Incorporeal Supreme Soul, God Shiva through His corporeal medium Prajapita Brahma. Godly knowledge about the soul, the Supreme Soul, and the Eternal World Drama, which is sustained by the inviolable law of Karma, enable us to practise Rajyoga meditation (RY). Prajapita Brahma and Jagadamba Saraswati, lovingly called Baba, Mama by the students of this spiritual university not only guided the senior sisters and brothers into depth of Godly knowledge and intense meditation, but also provided nurturance –both physical and spiritual, like a father and mother. In other words, the Supreme Parent, Shiva Baba nurtured His children through Mama- Baba within the campus of the institution, away from the vicious world around. For fourteen years, over 400 inmates, both male and female

of different ages underwent intense training in all the four subjects of the university, viz: *Gyan, Yoga, Dharana* and *Seva* in the Sindh Province which became part of Pakistan in August 1947. In 1951 this divine family moved to Mount Abu in Rajasthan from where the universal transformation of human beings to divine beings continues to be guided.

Godly versions taught in this spiritual university are so simple that even an illiterate person can understand and practise naturally. Even so, each point has the depth of an ocean, providing ample scope for contemplation, interpretation, and verification through practical application. Godly injunctions giving spiritual laws (*Niyams*) and code of conduct (*Maryadas*), when practised diligently, ensure fast progress in the process of transformation. The rich experiences of the senior sisters (*Dadis*) and senior brothers (*Dadas*) are well documented and shared freely.

Rajyoga Education and Research Foundation is an umbrella organisation promoted by the Brahma Kumaris Spiritual University for facilitating the dissemination of spiritual knowledge and providing a platform for

different sections of the society such as youth and women; for different professions like medical, engineering, scientists, judiciary etc. SpARC – 'Spiritual Application Research Centre' is another specialised group which comprises brothers and sisters interested in scientific research on spiritual concepts.

Being associated with the Medical Wing, the Scientists and Engineers Wing as well as SpARC, I have been experimenting different techniques of RY meditation and its practical applications. Regular readers of this series of articles might recall the meditation commentaries given in part VI⁵. Since then the sequence has been changed, new practical applications have been evolved and the process itself has been modified. The salient changes effected, I would like to share with the esteemed readers in the forthcoming parts.

Visualisation of the Dehi as Self-sovereign

Please refer to the diagram –'Self-Sovereignty at Micro Level' in Part XVII⁶. As described therein, the intellect becomes the sovereign (Emperor or *Samrat*), the mind becomes the empire or

samrajya, and *sanskar* becomes the capital of seven kingdoms – the seven basic attributes – bliss, truth (knowledge) peace, love, joy, purity and power represented by the seven hues of VIBGYOR, filling the *sanskars* radially. When these subtle metaphysical energies or photon fields spread over the mind-empire, the secondary qualities or divine virtues become naturally active. These virtues are metaphorically perceived as the virtuous subjects of the empire. Intellect-the Emperor is shown as encircling the empire symbolizing its complete control over mind, the empire, and *Sanskars*, the capital of seven Kingdoms. After familiarizing this diagram and related concepts, the meditation commentary for gaining self-sovereignty in part XXVI can easily be followed.

In the forthcoming part we shall discuss about meditation exercises at the corporal world, subtle world and soul world.

Notes:

1. Part I is published in The World Renewal of November 2003, Part II, III, IV, V in January, February, March and April, 2004 issues respectively.
2. Part XIV in January 2005
3. Part XV in February 2005
4. Part XXII in September 2005
5. Part VI in May, 2004
6. Part XVII in April 2005

NEED FOR VALUE-BASED EDUCATION

– Nalinkshan Nair, Kerala
(Ex Chief Air Mech., Indian Navy)



India is a developing country and the dream of our President Dr. APJ Abdul Kalam is that within ten years we should become a most developed nation of the world.

If we look at our history, one cannot help but acknowledge with pride that we were the first people to make progress in the field of education. Vedic literature existed in India before the script of any other language was invented. Countries like Nepal, Sri Lanka, Singapore, Indonesia, Mauritius, Pakistan, Bangladesh and some of the Arabian countries were all connected with Indian culture. Most of the rich and developed nations of the world today prefer Indian employees and citizens; the Indian brain is a big asset in all research fields of modern science and technology. The world gives regard to India for our ancient, rich and spiritual heritage because from the pre-historic times we have believed in a value-based and spiritually enlightened society. We used to give secondary importance to physical achievements and wealth. But along with gaining momentum and fulfilling dreams of a developed nation, we have relegated our traditional values and culture. We want to be modern and independent but have lost our spiritual identity. This has led to increase in crime, corruption, sorrow, suffering and disharmony in relationships and family life.

It is time for each one of us to realize that the ultimate aim in life is not to attain perishable wealth and luxuries that eventually give us sorrow. It is only self-realization, God-realization and service to humanity that will give us contentment and lead us to perfection. Life is very short and the time in hand is very precious – let us use them well.

AN EVER-HEALTHY SOCIETY

■ B.K. (Dr) Sanjivanee, Pandav Bhawan,
Mount Abu

Every person would like to have a better world to live in. Looking at the global picture, one witnesses more sorrow and unhappiness than pleasure and happiness. Various kinds of solutions have been tried to improve the condition of the world. But of late, it has almost become the unified voice to adopt moral, social and human values as the ultimate remedy.

The social service leaders from developing countries make us aware of the dire levels of poverty, wide-spread illiteracy, sickening dirt and destitution, and shocking deprivation. One feels ashamed to see the dehumanising conditions and sub-human existence of the masses. On the other hand, families are splitting up, marital relations are on the rocks, communities are being fragmented, aged parents and grand parents are not being given love, care and regard etc. They say people, especially

children, are becoming addicted to the T.V. and computer culture resulting in new ailments and habits.

World leaders agree that the problems facing the present social set-up cannot be solved by charitable organisations, governments or social welfare work alone as these problems are enormous and unending. They assert that the new situation created by large-scale urbanisation, mechanisation, commercialisation and materialism needs to be tackled because some of these new trends, factors and features have created a culture that has negatively influenced the attitude, judgement and values of the people.

The common opinion is that what is essentially required to wipe off the disgrace of poverty is social, economic and political justice:

1. Change in the attitude and life-style of the wealthy
2. Compassion of the rich
3. Attitude of sharing and co-operation in the family and



community:

- a) Love, good-will and the feeling of belongingness
- b) Tolerance
- c) Honest communication, care and cohesion
- d) Concern for the well-being of others

What is presently hounding a large number of homes and hearts is drug-abuse and addiction to alcohol. Drug trade is a menace faced by police, parents, medical profession and the Ministries of Home and Health. In spite of everyone's sincere efforts, addiction to intoxicating drugs or narcotics is gaining epidemic proportions as the root causes are not being attended to. Many educational institutions are troubled by it because several universities and colleges are used as dens by drug peddlers.

All those concerned feel that there is a void in the minds of the youth. Lack of love and attention at home is often the reason why they are not equipped mentally and morally to face the challenges of adolescence. The youth need to

be given proper counselling to develop will-power and bring peace to their restless minds. They need to come in contact with people who can inspire them to achieve high goals and high ideals, and inculcate qualities of self-control, discipline, sense of responsibility, simplicity, and willingness to learn and work diligently.

Researches in health show that there is a great number of people with mental tension, negative attitudes, impulsiveness and the lack of emotional stability. This has resulted in an increase in psychosomatic diseases, danger of AIDS, wrong lifestyles, excessive use of tobacco and other allied health problems. Medication alone cannot check these problems because mental tension arises from a lack of values such as tolerance, humility, patience, self-confidence, self-control, emotional stability etc. Transformation can take place with yoga, meditation for relaxation, building of immune system, and practise of self-control, better lifestyle, positive thinking, and attitudes based on higher values.

Several patients are of the opinion that no matter what 'pathy' a doctor may be practising (allopathy,

homoeopathy, naturopathy etc.), the one important pathy that is often missing in them is 'sympathy.' A doctor may heal the body but who is going to heal the mind? Moreover, most doctors charge high consultation fees, prescribe very strong and costly medicines and unnecessary investigations.

What seems necessary for doctors and paramedical staff also is to practise meditation and receive a good dose of education in human values and morality so that their service improves and their attitudes change. If doctors carry tension from their home to the clinic – no smile on their face, no assuring and gentle words for their patients, and no sympathy as a whole – the patients feel as good as guinea pigs. On the other hand, a doctor's caring demeanour is a healing touch and creates the feeling of security within the patient.

Health, wealth and happiness for all are the goals of every society. The ultimate aim or goal of every human being is liberation from the vices which cause all kinds of sorrow. This can be achieved when our thoughts, words and actions are charitable; then they are not only a source of peace and happiness for us but for others

too. Such thoughts, words and actions are called moral or ethical. Naturally, as these qualities enable the doer to achieve high and valued goals, they are 'valuable' to them.

These values enhance the worth of a person because it builds one's character and personality, inspires one to perform righteous actions which in turn bring in many valuable benefits and inner rewards:

1. Spiritual Love and Goodwill
2. Respect and Self-respect
3. Humility and Forgiveness
4. Honesty and Justice
5. Simplicity and Contentment
6. Purity and Cleanliness
7. Effort for Excellence, Enthusiasm
8. Positive thinking and Self-control
9. Tolerance, Non-Violence and Harmony
10. Trusteeship and Detachment
11. Truthfulness
12. Equanimity and Peace

Spirituality and values go hand in hand. Spirituality reveals knowledge of the self, knowledge of the Supreme Soul and knowledge of the life cycle. It is Rajyoga meditation that gives spiritual support and strength. Bliss and divine love experienced through meditation are the highest powers of inner change and refinement. ●

— Godly Service Report —

Contd. from page...1

Supplies, Government of Orissa and Justice I.M. Kudusi, Judge, Orissa High Court, Cuttack City Mayor Ms. Nivedita Pradhan, Rajyogi BK Nirwair, Secretary General of Brahma Kumaris & the Chief Editor, The World Renewal and senior BK brothers and sisters from BKs Hq., Mount Abu and other cities of India.

Noted artists, singers, dancers and musicians from all over India, enthralled the audience with their soul-soothing and elevating spiritual songs, folk dances, mesmerizing music and artistic skills.

A day earlier, Dadi Hridaya Mohini Ji inaugurated the Vishwa Shanti Sarovar, a new Retreat Centre of the BKs built on 2 acres of land at Anantpur, near Phulnakhara. Sixty-seven Brahma Kumari sisters had their dedication ceremony in the presence of their parents and relatives. The Vishwa Shanti Sarovar has been designed and dedicated to provide conducive ambiance for the spiritual practice and progress of aspirants coming from all over India and abroad.

CHANDIGARH

Mega Public Programme

A series of programmes including a week long Holistic

Health Fair, a grand Shobha Yatra and live tableaux culminated in World Peace Festival organised by the BKs at Mela ground of sector-34, Chandigarh.

Rajyogini Dadi Hridaya Mohini, Jt. Chief of BKs and Rajyogini Dadi Janki, Overseas Chief of BKs inspired the audience to practise spiritual values and work for peace, unity and harmony in the country. The other dignitaries who attended the programme included Ms. Kartar Devi, Health Minister of Haryana, Dr. Harbans Lal, Chief Parliamentary Secretary, Govt of Punjab, Ms. Anu Chatrath, Mayor of Chandigarh Municipal Corporation and senior BK brothers and sisters from various parts of India.

VALUE EDUCATION IN EDUCATIONAL INSTITUTIONS

FATEHABAD (HARYANA)

A 2-day training programme on "Value-Based Education and Spirituality" for school principals and teachers was held at Gyan Vigyan Bhawan of the Brahma Kumaris from 12th – 13th November, 2005. The programme was inaugurated by Prof. C.J. Chowksi, Ex-Principal, College of Education, Petlad (Gujarat), Prof. Prafull Shah, Head of the Department (Retired), College of Engineering, Nadiad (Gujarat). Bro. R.R. Fuliya, IAS, Divisional Commissioner, Hisar Division and Vice-Chancellor, Chaudhary Devi Lal University, Sirsa, Bro. M.L. Kaushik, Additional Deputy



Fatehabad (Haryana): Inaugurating a training programme on Value based "Education and Spirituality", Bro. C.J. Chowksi, Bro. P.S. Shah, Chief Guest Bro. Raj Rup Fuliya, I.A.S. Divisional Commissioner, Hisar Division, B.K. Mohini and others

Commissioner, Fatehabad, B.K. Madan Lal, Coordinator, Education Wing and Rajyogini B.K. Sita, Incharge, local B.K. Centre. Prof. Chowksi invited the attention of the participants towards the drawbacks of the present education system and expressed his views as to how it can be improved through values and spirituality. He also spoke on "How to Develop Power of Mind" in the evening session. Another session by Dr. Chowksi was on the "Original Source of Values".

Prof. Prafull Shah spoke on "Managing the Stress" and the session became quite interesting and educative on account of slide show. About 200 Principals and teachers of private and government schools participated.

During their stay in Fatehabad, Prof. Chowksi and Prof. Shah also addressed the officers of District Administration on the topic "Living Values and Administration". They also discussed the ways and means to reduce stress in present day world of tension and turmoil.

* **Chaudhary Devi Lal University, Sirsa:** Speaking in the Seminar on "Need of Enhancing Intellectual Awareness", Prof. Prafull Shah enlightened the teachers and

students of Chaudhary Devi Lal University, Sirsa on the methods of increasing concentration power. Prof. Chowksi also inspired the teachers and students for adopting values in life.

TAMILNADU (Annamalai University, Chennai)

Among the 52 departments in 9 faculties, Center for Yoga Studies is a new dimension. The Yoga center started in the year 1998 and it offers an integrated approach, in which major *yogic* methods are exposed. Rajayoga Meditation, by Prajapita Brahma Kumaris plays an important role. The center also offers diploma courses in yoga. Dr. S. Vishwanathan, M.D. DGO, PHDIY, is instrumental for the establishment of the center for yoga studies to provide all the systems under one roof. He and his family have been benefited by Rajyoga Meditation for the last 8 years.

Brahma Kumaris have entered into an MOU with the Anna Malai University for doing Living Values Educational Programme (LVEP). Courses are going on at present for a few students.

Centre for yoga studies, CAS in Marine Biology, Annamalai University had organized a

symposium on "Application of Spirituality in Education" on 16th September 2005. Participants from 5 major religions shared their views. B.K. Beena also participated in this symposium and shared about the Living Values programmes being done in schools, colleges etc. for teachers and students.

Nearly 1000 delegates participated and media covered the event extensively.

At Saveetha Engg. College Personality Development program has been started in the college, year wise and batch wise. So far 2 batches of students have completed the course and one introductory program for faculty has been conducted. Approximately 120 students and 50 faculty members attended it. The Topics for students were 'Power of Mind' and 'Meditation' whereas for faculty it was 'Stress Management'. All topics were well received. This program will cover all the students of the Engineering College within 3-4 months.

ABROAD

JAMAICA

(*Living Values Educational Programme*)

BKWSU have recently started an All School

India is the cradle of the world civilizations. Values have been the bedrock of its glorious customs and traditions. Ancient universities of Nalanda and Taxila in India were renowned worldwide for value-education and these attracted students even from the foreign countries. Values, which provide glory to humanity and mould the character of students, are once again being highlighted and brought to the limelight by Brahma Kumaris World Spiritual University throughout the world.

participation Values and Attitudes Program at Barracks Road Primary School, with over 1500 children, focusing on the value of RESPECT initially. Acting Principal Ms Shippy and GC Pat Headley and faculty are most enthusiastic and supportive.

One of the main strengths of this complementary Living Values program is its methodology of reflection:

During this pilot project the entire school will have reflection times – silent and spoken 4 times a day – morning devotion, mid morning, after lunch and before going home. During these 4 times, through central loudspeaker, music will play and a teacher will speak the morning reflection on the selected value: e.g., Respect.

Classroom teachers will write the main points on the board and students will copy it in their Values and Attitudes Notebook. Students will repeat aloud

following their teacher's lead, the reflection points:

Examples: *To give respect means to receive respect. In order to receive respect from others I must first give them respect.*

Monitoring Checklist, Evaluation Form and Incentives to inspire students to do their best are part of this program being implemented now.

The BKWSU are also following the methods used by Mr Neil Hawkes, former Headmaster in the UK, now Director of the International Living Values Program, who changed a low-esteem school into an international model of value based success.

Living Values program in Jamaica is endorsed by the Ministry of Education, and Culture. BKWSU have open invitation to visit all schools on the island to introduce and train educators in value-

education. Over 70 schools have now received one or more trainings and are actively using LVEP resources.

Sister Chirya, Co-ordinator for LVEP, has been a source of inspiration to all.

VIETNAM [Ha Noi]
(Self-Management Course in the Thang Long University)

Students of Thang Long University – the University of the Rising Dragon – in Ha Noi can now take part in a course on self management and self-managing leadership as part of their formal curriculum. The course is conducted by faculties of the Brahma Kumaris Education Society (BKES) as part of a wider educational project.

Thang Long University and BKES are now leading the way into a new concept of education in which students not only learn new technologies or scientific knowledge, but also look at life skills, mind sets, attitudes and

values, i.e., 'how' and for what purpose they will use the knowledge and technology acquired by them. Technology, skills and knowledge can sustain positive development or destroy – it all depends on how we use it and this is what is at the core of the reflection and work of the Brahma Kumaris: to identify what are the personal changes required to shift from a polluting and destructive use of knowledge and technology to a more positive, constructive and sustainable one. Today, with the massive progress in the fields of technology we have, for the first time in known history, the capability to establish a world of peace, prosperity and happiness – but also the ability to annihilate it. As John Naisbitt and Patricia Aburdene, best seller authors write in the introduction of their book 'Megatrends 2000', "Apocalypse or Golden Age, the choice is ours." It is with this sense of social responsibility in mind that the leaders of Thang Long University have taken this remarkable initiative of integrating a course on Self Management and value-awareness to the acquisition of technical and scientific skills.

Thang Long University has a culture of integrity, scientific rigour and care for the human person as well as of pioneering new ideas. **It was the first private university established in socialist countries worldwide. Its campus harmoniously protected by the shadow of ancient trees feels somehow like the ashrams of ancient India.** It opened in 1988 and grew from almost nothing in war-torn and impoverished Viet Nam only due to the love, courage, determination and dedication of its leaders and staff. Today, it is one of the best valued universities in the capital with the highest rate of employment after graduation and it is developing a new campus with all modern facilities for 6,000 students. The new campus will feature a meditation room open for all.

Students now have the opportunity to enrol into a 40-hour course on Self-Management and Self-Managing Leadership as part of their formal curriculum with evaluation accounting for their final graduation. The course covers basic understanding about the human brain and

thinking processes, self discovery, how to develop and sustain a positive attitude, how to keep focus in challenging situations and develop creative and positive responses to life as well as effective communication and positive problem solving. The course is a mix of inter-active presentations and participatory workshops punctuated with periods for personal reflection, relaxation and creative visualization exercises. The first batch of students who went through a pilot version of the course highly commented on their learning, describing it as a very valuable and life changing experience that should be offered to all students on the campus. First limited to the 'English and Management' department, the program will be extended to other management related departments in its second phase of development.

[A bright example to follow— for Indian universities who once used to harmoniously blend science, value- education, personality development, character building and spirituality. – Editor]

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1) Cuttack: Presenting Godly memento to H.E. Bro. Rameshwar Thakur, Governor of Orissa are Rajyogini Dadi Hriday Mohini and B. K. Sis. Mohini. 2) Harda (M. P.): B. K. Sis. Bhagawati presenting Godly gift to Bro. Kamal Patel, Minister of State for Technical and Medical Education. 3) Abu Road (Darbar School): Inaugurating the programme "Magie for Self Awareness" are President of Rotary Club Bro. Sanjeev Sachdeva, Magician Prof. Shankar, Secretary of Rotary Club Bro. R. G. Kurup, B. K. Sis. Mohini, Bro. Rajendra Bakliwal, Bro. B. K. Atam Prakash, Bro. Sunil Garg and others. 4) Jeypur, (Orissa): Minister for Water Resources, Orissa, Bro. Rabi Narayan Nand and B. K. Sis. Jayanti after the inauguration of the Spiritual Tableau. 5) Kevlari (Siwani): After the inauguration of the Tableau of live deities, Sis. Neeta Pateriya, M.P., B. K. Sis. Jyoti and others. 6) Mumbai (Vikhroli): Eminent Social Worker Bro. Anna Hazare discussing social issues with B. K. Sis. Jayshree. 7) Islampur: B. K. Bro. Surya presenting Godly gift to the Finance and Planning Minister of Maharashtra Bro. Jayanti Patil. B. K. Sis. Sunanda and B. K. Sis. Shoba are also seen. 8) Chennai: Vice-Chancellor of Madras University Bro. S. P. Thyagrajan presenting Star of Excellence and Gold Medal to Dr. Shobhna Dharamthok of Global Hospital, Mount Abu awarded by Indian Holistic Medical Academy for her outstanding services in the field of Magnet Therapy.

SIADJA (Nepal): B. K. Bro. Netra and others welcoming King Shri 5 Gyanendra Vir Vikram Shahdev.



CUTTACK: Rajyogini Dadi Hriday Mohini honouring Chief Minister of Orissa Shri Naveen Patnaik in the programme "An Evening to receive Godly Blessings". B. K. Bro. Nirwair is also seen.



MEHSANA: Inaugurating the "Disaster Awareness Campaign" are Bro. Vipul Bhai Choudhry, Chairman Doodh Sagar Dairy, Bro. Harikrishna Patel, D.S.P., Bro. Nagauri, M.D. Doodh Sagar Dairy, B. K. Sis. Sarfa, B. K. Bro. Mohan, B. K. Sis. Manju and others.



RAIPUR: Inaugurating the All India Medical Conference are H.E. Krishan Mohan Seth, Governor of Madhya Pradesh, Dr. Raman Singh, Chief Minister, Madhya Pradesh, Dr. Krishna Murty Bandhi, Health Minister, Dr. Ashok Mehta, B. K. Om Prakash, Dr. Pratap Midha and Dr. Girish Patel.

